

Conquering Frustration

Perhaps like us, your plans are often disrupted because something unexpected happens. We meet together each morning to plan the day but it is very rarely that the day is as straight forward as it appears to be first thing in the morning!

It is easy to handle when the interruption is a joy for us – a much loved friend arriving or an unexpected treat. A few weeks ago at very short notice we found ourselves entertaining a Korean Sister from the Evangelical Sisterhood of Mary in Darmstadt accompanied by two Korean Pastors. North Korea and especially Christians in that country have long held a special place in our hearts. Suddenly we had first-hand knowledge. The Pastors had direct links. Their visit was a gift from the heavenly Father encouraging us to persevere in prayer.

Other interruptions to our carefully laid plans are not always so welcome - the unexpected doorbell, the phone call, even the weather – pouring with rain the day we were going to mow the lawn! It is easy to become frustrated. Far from seeing these interruptions as a gift from the heavenly Father we feel the world is against us and if we take it to its ultimate conclusion so is God. We prayed about the weather this morning and look what has happened!



When we see that these interruptions are also gifts from the heavenly Father and he has allowed them, we are on the road to conquering frustration. Frustration is annoyance, the daughter of self-centred anger and that is a sin. This is not the path for those who love the Lord Jesus. It may not happen overnight but he will give us the victory.